

Hang out this Fall 2015

GLASTONBURY

Parks & Recreation



GLASTONBURY SENIOR CENTER
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TEEN PROGRAMS
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I. REGISTRATION FORM

Household Information

Primary Guardian First Name		Primary Guardian Last Name	
Address		Please E-Mail Receipt to the E-Mail Below	
City, State, Zip		Sex	E-Mail
Home Phone ()		Work Phone ()	Cell Phone ()
Emergency Contact		Relationship	Cell Phone ()

Participant Information

Participant First Name		Participant Last Name	
Date of Birth		Grade Completing	Sex
Allergies		Medication/Other	

Registration Information

Program Choices	Activity Type	Activity Description	Activity Number	Amount Paid	Office Use
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Programs fill up quickly! We highly recommend including an alternate choice or choices where applicable!

1	1st Choice					
	2nd Choice					
	3rd Choice					
2	1st Choice					
	2nd Choice					
	3rd Choice					
3	1st Choice					
	2nd Choice					
	3rd Choice					
Pool Passes <input type="checkbox"/> Indoor Pool	Pass Type <input type="checkbox"/> Individual <input type="checkbox"/> Household	Indicate Names of ALL Family Members (Ages 2 & Up) Who Require Passes and Reside at the Above Address:			TOTAL	

Waiver

Being of full age and in consideration of my (my child's) participation in this class, I do hereby release and forever discharge the Town of Glastonbury, and their agents and employees, their representatives, successors, and assignees, from all claims arising out of any and all personal injuries, damages, expenses, and any loss or damage whatsoever resulting or which may result from participation in this program.

Signature:

Date:

	Complete a SEPARATE form for each person and sign the waiver. Please PRINT . You may copy this form or print a copy from our website at www.glastonbury-ct.gov
	Mail your Form, Payment, Business Size Self Addressed STAMPED envelope (or include e-mail address for e-mail confirmation) to: Parks and Recreation, Program Registration, PO Box 6523, Glastonbury, CT 06033

Payment Information

Check	Write a SEPARATE CHECK for each program. Make checks payable to "Town of Glastonbury"																			
<input type="checkbox"/> Mastercard <input type="checkbox"/> Visa <input type="checkbox"/> Discover	Name on Card																			
	Credit Card Number												Expiration				Code			

2. REGISTRATION INFORMATION

Mail-In & On-Line Registration Dates

Registrations will be accepted by **MAIL AND ON-LINE TUESDAY, AUGUST 18th BEGINNING AT 8:00 A.M.** with the following exceptions:

Pool & Open Gym Passes
USA & Recreation Swim Team (Begins 9/10)
Santa's Run

Mail-in registrations will be processed daily, at random.
NO REGISTRATIONS WILL BE PROCESSED BEFORE AUGUST 18.

In-Person Registration Dates

In-person registrations will be accepted and processed randomly beginning Thursday, August 27 (except USA & Recreation Swim Team & Santa's Run).

Why Can't I Register by Phone?

Due to limited phone lines and staff, we cannot accept registrations by phone or fax.

Returned Checks

A \$15.00 fee will be assessed for returned checks.

Cancellation Information

Programs may be cancelled due to insufficient registration. Programs are canceled on October 12, November 26, November 27, December 24, and December 25 unless otherwise stated.

Online Registration is Fast & Easy!

If you already have a User Name and Password, just follow steps 1 & 2 below and then log into the system. If not, follow these 5 easy steps:

- | | |
|---------|---|
| Step 1: | Go to www.glastonbury-ct.gov |
| Step 2: | Click "I Want to"/"Register"/"For a Recreation Program" |
| Step 3: | Select "On-Line Registration-New User" |
| Step 4: | Complete the household information.
(We encourage you to customize your User Name and Password to something familiar to you) |
| Step 5: | Click "Submit" |

You will receive a confirmation via e-mail and may begin on-line registration.

Residency Requirements

Programs are for Glastonbury residents only unless otherwise noted.

Refund Policy

Please review your registrations carefully.

- Refunds will be automatic if a program is canceled.
- To avoid classes being canceled at the last minute due to insufficient enrollment and in order to accommodate waiting lists in a timely fashion, refund requests must be made no later than five (5) business days before the program begins. Refund requests received after this point will be subject to a \$10 processing fee.
- Refunds cannot be given on trips, special events, facility reservations and passes.
- Refunds are generally not given once a program has begun, however, in the event of injury or illness, a refund request will be considered if accompanied by a doctor's note.
- Registrations processed by credit card will be credited to the card used. All other refunds generally take 2-4 weeks to process.

Notification of Program Enrollment

Include a STAMPED, self addressed, business size envelope with your mail-in registration if you would like your receipt mailed. Receipts can also be e-mailed if an e-mail is included on the registration form. We DO NOT mail receipts for registrations processed on-line. You may reprint a receipt anytime from the on-line system by clicking "My Account", "Reprint a Receipt".

Registration Payment

VISA, Mastercard or Discover payments are accepted on-line, by mail and in-person. On-line customers have the option to pay by electronic checking. Make your on-line payment directly from your checking account.

- Transactions are processed faster
- No credit card interest charges
- It's 100% convenient and safe
- 100% NACHA compliant
- Select "e-check" as the payment option

If paying by check, make checks or money orders payable to **"TOWN OF GLASTONBURY"**. Do not send cash. Write **SEPARATE CHECKS** for each program.

3. GENERAL INFORMATION

How to Reach Us

Administrative Phone: (860)652-7679
Administrative Fax: (860)652-7691
Program Information Line: (860)652-7689
On the Web: www.glastonbury-ct.gov
Click "Departments";
"Parks and Recreation"
Mail: Parks and Recreation
Program Registration
P.O. Box 6523
Glastonbury, CT 06033
Office Address: Parks and Recreation
2143 Main Street
Glastonbury, CT 06033

Our Staff

Raymond E. Purtell, Director of Parks & Recreation
Greg Foran, Park Superintendent & Tree Warden
Chris Shanahan, Park Maintenance Supervisor
Kelly Devanny, Recreation Supervisor
Bill Engle, Recreation Supervisor
Anna Park, Recreation Supervisor
Liz Gambacorta, Recreation Program Coordinator
Kristen Michaels, Event & Banquet Facility Manager
Angela Paiker, Executive Secretary
Cynthia Lea, Administrative Secretary
Suzanne Veilleux, Clerical Assistant

Weekly Activity Information

Schedules, times, locations, and cancellations appear weekly in the Glastonbury Citizen.

Program Information Line

Retrieve program information 24 hours a day by calling our program information line at (860)652-7689. Evening activities and cancellations announced after 3:30 p.m.

E-mail updates

Occasionally, we send updates, cancellation information and other pertinent program information to you via e-mail. Please be sure to include this information on your registration form and to add "recreation@glastonbury-ct.gov" to your address book or trusted e-mail list so we don't get caught in your spam filter!

"Like" us on Facebook

Glastonbury Parks and Recreation is part of the Facebook family! "Like" us and receive updates on program information, reminders about upcoming registration deadlines and all sorts of other great information! Log into your Facebook account and look for us at facebook.com/glastonburyparkrec

Brochure Mailing Information

Brochures are mailed directly to ALL Glastonbury residents via bulk mail 3 times per year:

Fall:	Mid-August
Winter/Spring:	Early December
Summer:	Early March

Brochures will be available for pick up beginning the Friday prior to each registration at the Riverfront Community Center, Town Hall, Welles Turner Library and our office. Program information is available online beginning the Tuesday prior to each registration at www.glastonbury-ct.gov.

Financial Assistance

Discounted registration fees for basic programs are available to those who qualify under the Federal Poverty Guidelines. Eligibility and assistance determinations are made by the Social Services Department. Fee waivers apply to registration fees only. To qualify, an Eligibility Application Form must be submitted to the Social Services Department. A copy of the approved application must accompany your registration. Eligibility for financial assistance does not guarantee a space in the program. Programs include:

Pool Passes	Kangaroo Kids
Teen Center Pass	Children's Swim Lessons
GBA Basketball	Winter Swim Team

Glastonbury Youth Organizations

The following organizations are run independent of the Parks and Recreation Department. Please contact them regarding specific program and registration information.

Little League	www.glastonburylittleleague.org
Hartwell Soccer	www.glastonburysoccer.org
Midget Football	www.gyfa.com
YMCA	(860)633-6548
Lacrosse	www.glastonburylacrosse.org
GBA Basketball	GBAHoops@aol.com www.gbahoops.org
GBA Travel	GBATravelHoops@aol.com
Basketball	www.gbahoops.org
Glastonbury	www.glastonburygymnastics.com
Gymnastics	gburygymclub@gmail.com
Glastonbury	www.glastonburyswimteam.org
SwimTeam	

4. RENTALS & RESERVATIONS

Firewood

Sold to Glastonbury residents in 1/8 cord amounts measuring 16" X 3' X 4'. Register at the Parks and Recreation Department office. Limit of one application per residence. Proof of residency required when registering. Fee is \$25. To get placed on the list, please call (860)652-7679 (press 5).

Tennis Court Reservations

8 courts are available at Glastonbury High School. Reservations are accepted by calling (860)652-7679 through October 30, 2015.

- Reservations can't be made more than one day in advance (singles limited to 1 hour; doubles limited to 2 hours).
- Evening reservations (after 5:00 p.m.) for the same day accepted until noon.
- Lighted courts (1-4) can be turned on by players at the court (activated until 10:00 p.m.)
- Both lighted and unlighted courts available first come first serve unless reserved or scheduled.
- Availability may be limited due to programs.

Check out the Glastonbury Dog Park!

With over 2,000 licensed dogs in town, local dog lovers raised the funds needed to build the town's first dog park which opened in May, 2011. The dog park is a fenced-in area where dogs can run and socialize off-leash legally and safely. A separate area for small dogs is also included. Some of the park amenities include benches, waste receptacles, dog litter bags, water stations and more! The park is located within the Riverfront Park, 200 Welles Street, Glastonbury. For more information, visit <http://dogpark.glastonbury-ct.gov>

Glastonbury Boathouse



With picturesque grounds, breathtaking views from the observation deck and a versatile banquet hall, The Glastonbury

Boathouse offers the atmosphere of a getaway destination with the convenience of a local venue. Designed to accommodate a variety of functions, the unparalleled banquet hall and surrounding grounds offer stunning scenery and a versatile event space where guests can create memorable experiences year-round. Located in the picturesque Riverfront Park, the Glastonbury Boathouse is among gorgeous fields, a public boat launch, playing fields and a scenic fountain. Whether you are planning a corporate meeting or private party, the property is the perfect backdrop for phenomenal photos and

festive celebrations. For more information or to book your event, contact Kristen Michaels, Event & Banquet Facility Manager at (860)652-4640 or kristen.michaels@glastonbury-ct.gov. Visit online at www.glastonbury-ct.gov/boathouse for pricing information and photos!

Party/Facility Rentals

Please note the following information:

- All reservations should be made as soon as possible and are based on availability.
- All required paperwork must be completed and full payment must be made within 5 business days of making the reservation.
- Event dates and times are confirmed only after payment is received.
- No refunds will be issued for facility rentals. If a cancellation is made with at least 2 weeks notice, there may be an opportunity to reschedule for a different date.

Academy Teen Center

An easy alternative for small birthday parties, or events you just don't want to host at home! Bring your own cake and goodies, we'll provide the rest! Add an arts and crafts activity (craft chosen by staff based on age of birthday boy or girl) or Wii and/or PS2 to your party (games provided) for an additional cost!

AVAILABILITY:	Year round Saturdays and Sundays in 2 hour blocks
CAPACITY:	15 people (excluding adults)
AMENITIES:	Staff Supervisor to monitor activity space, exclusive use of Teen Center room (ping pong, air hockey, foosball, pool tables, board games and craft space), access to restrooms, refrigerator and freezer
FEE:	\$100/rental \$150/rental with craft or Wii or PS2

Glastonbury Skate Park

A great option for birthday parties, school graduations or unique special celebrations! Must have waivers.

AVAILABILITY:	Saturdays and Sundays Excluding Lesson Dates
TIMES:	10:00 a.m.-12:00 p.m.
MAXIMUM CAPACITY:	30 people
AMENITIES:	Staff Supervisor, exclusive use of skate park, softball field, picnic tables, picnic bag including frisbees, bases, kickballs, and a bat and balls
FEES:	\$85

5. PRESCHOOL PROGRAMS



Tiny Tumblers

(Ages 1-4 by 9/1/15)

Movement education using basic gymnastics skills and positions to help teach balance, coordination, confidence and motor skill development in a progressive format. Obstacle courses, balls, games, hoops and parachutes are just some of the fun activities incorporated into the classes. Active participation by a parent or caregiver is required.

FUN FOR ONES (12-23 months):

A stimulating, safe and fun environment is created using age appropriate gymnastics equipment.

TINY TOTS (ages 2-3):

Toddlers learn and refine loco motor skills. Includes introduction to specialized equipment, circle time and exploration!

TUMBLING TYKES (ages 3-4):

Designed to encourage group activity as well as individual participation. A structured environment and consistent class routine help children accomplish goals and begin to build a strong foundation of basic gymnastics skills.

Tiny Tumblers-Fall

Fun for Ones	8:45-9:30	206408-01
Tiny Tots	9:45-10:30	206408-02
Tumbling Tykes:	10:45-11:30	206408-03

FEE:	\$35/child
LOCATION:	Academy Gym
MEETS:	Wednesday
DATES:	September 16-November 18 (8 weeks) (No Class September 23; November 11)

Kangaroo Kids (2015-16)

Limited Openings Remain!

(Child must be age 3 or 4 by December 31, 2015)
Kangaroo Kids is a developmentally appropriate program for 3&4 year olds that provides preschoolers with a variety of opportunities for learning, social development, and fun! Theme days, arts & crafts, music, social interaction and creative play make for a busy day of activities. Our "home" at 35 Bell Street, is a made for preschool setting that includes a spacious fully equipped playroom, a room for working on quiet activities, a kitchen for baking and a beautiful yard perfect for playing and exploring nature. It all adds up to an ideal learning environment with 3 staff members and a maximum class size of 18. Classes are offered in either a 2 day or 4 day per week session as follows:

Ages 3&4:	Mon. & Thurs.	9:00-11:30 a.m.
Ages 3&4:	Tues. & Fri.	9:00-11:30 a.m.
Ages 3&4:	Mon., Tues., Thurs. & Fri.	9:00-11:30 a.m.
Age 4:	Mon., Tues., Thurs. & Fri.	12:30-3:00 p.m.

Program begins the week of September 8 runs through June 3. Total Fee for the 2 day morning session is \$750. Fee for the 4 day morning or afternoon session is \$1,325.

An Open House will be held on Wednesday, August 26 from 4:00-6:00 p.m. Come meet our Staff!

Kangaroo Kids Deposit

AM3&4	Mon. & Thurs.	403128-01
AM 3&4	Tues. & Friday	403128-02
AM 3&4	M, T, TH, F	403128-03
PM 4:	M, T, TH, F	403128-04

A \$200 deposit is required at the time of registration. The balance of the fee is paid in two (2) installments as follows:

Sept. 11, 2015:	AM 3&4: Mon & Thurs	\$300
	AM 3&4: Tues. & Fri.	\$300
	AM 3&4: Mon, Tues, Thurs. Fri.	\$500
	PM 4: Mon, Tues, Thurs, Fri.	\$500
Jan. 15, 2016:	AM 3&4: Mon & Thurs	\$250
	AM 3&4: Tues. & Fri.	\$250
	AM 3&4: Mon, Tues, Thurs. Fri.	\$625
	PM 4: Mon, Tues, Thurs, Fri.	\$625

LOCATION:	Kangaroo Kids 35 Bell Street
DATES:	32 Weeks beginning week of September 8.

6. PRESCHOOL & YOUTH PROGRAMS



Music Together

(Newborns – age 5)

An innovative approach to early childhood music learning based on the premise that all children are inherently musical. Children explore and express music alongside their most important role models; parents, caregivers and teachers. Nurture your child's natural enthusiasm for music & movement during this early childhood stage of most rapid growth. Instructor is Jessica Nevins of Music Together of the River Valley.

Music Together-Fall

Music Together 9:15	203101-01
Music Sibling 9:15	203101-02
Music Together 10:15	203101-03
Music Sibling 10:15	203101-04
Music Together 11:15	203101-05
Music Sibling 11:15	203101-06

FEE: \$185/child; \$100/sibling (Newborns under 8 months attend FREE when a sibling is registered; \$170 when registered alone)

MEETS: Tuesday 9:15-10:00; 10:15-11:00; 11:15-12:00

LOCATION: RCC Activity Room

DATES: 10 Weeks September 1-November 10 (No class November 3)

Rocket Science!

(Boys and Girls ages 8-14)

Blast off in this thrilling class full of young "aerospace engineers." Students in this class will use a wide variety of mediums including, but not limited to, recycled plastic bottles, foam blocks, tape, cardboard, paper, newspaper, string and glue. Using the recycled materials, young engineers will design rockets and explore different methods of propulsion in learning about aerospace engineering. In addition, chemical engineering will be explored as a method of propulsion!

Youth Programs

Rocket Science 212204-RS

FEE: \$125

MEETS: Wednesday 4:00-6:00 p.m.

LOCATION: Academy Multi Purpose Room

DATES: September 23-October 28

INSTRUCTOR: Andrew Escalera, Engineering Imagination

Egg-gineering

(Boys and Girls ages 5-8)

Students will have a blast learning about and applying real-world engineering concepts in hopes of avoiding an egg-plosion! Given only recycled materials (cardboard, plastic containers, plastic bags, etc.), students will have to design a contraption capable of protecting a raw egg during free-fall drops from varying heights. Students have so much fun with this timeless engineering challenge that they will arrive to class eager and excited to apply real-world engineering skills!

Youth Programs

Egg-gineering 212204-EG

FEE: \$105

MEETS: Wednesday 4:00-6:00 p.m.

LOCATION: Academy Multi Purpose Room

DATES: November 4-December 9
No Class 11/11

INSTRUCTOR: Andrew Escalera, Engineering Imagination

7. YOUTH PROGRAMS



Decorated Halloween Pumpkin Contest

(Youth ages 4-14)

Design or carve a unique pumpkin at home and bring it to our contest ready for judging. Choose from funniest, scariest, and most original categories. Enjoy Halloween games and snacks!

Special Events

Decorated Pumpkin Contest 210009-01

FEE: No Charge
DATE: Wednesday, October 14 at 6:30 p.m.
PRE-REGISTRATION IS REQUIRED!
LOCATION: RCC Community Room

Around the World Creativity Tour with Let's Gogh Art

(Grades K-4)

Art travelers go on a whirlwind tour of the world, traveling among different countries and cultures. Create hot air balloons to take you up and away! Each week we land somewhere in the world and create wicked cool cultural art using unique materials and artisan's techniques. In Puerto Rico we work with clay and make wacky miniature Vejigante masks. We design with Mosaics in Greece, make Tribal Rain Sticks in Australia, and create Maracas in Brazil, just to name a few. Fun facts about each country and culture, geography and art history are included. The only thing kids need to pack is their imaginations!

Fall Kids Crafts

After School Art-ventures 212003-14

FEE: \$114/person (all materials included)
MEETS: Mondays 3:45-5:00 p.m.
LOCATION: Eastbury School Art Room
DATE: October 5-November 30
(No Class 10/12)
INSTRUCTOR: Let's Gogh Art

Acting Classes

(Kindergarten - 6th Grade)

A progressive program designed for participants of all skill levels dedicated to creating a comfortable, fun, safe environment to cultivate and affirm each person's own unique creativity. Theater skills and games, basic mime work, stage confidence, voice and speech, improvisational exercise, script work, acting terminology and more will be covered! Past/Returning participants will be working on and learning new things! Taught by Performing Arts Programs staff. (www.performingartsprograms.biz)

Performing Arts

Acting Grades K-2 204233-01
Acting Grades 3-6 204233-02

FEE: Grades K-2: \$105/Person
Grades 3-6: \$115/Person
MEETS: Mondays
Grades K-2: 4:00-4:45 p.m.
Grades 3-6: 5:00-6:00 p.m.
LOCATION: Academy Cafeteria
DATES: October 19-November 30

Zumba Kids-NEW!

(Grades 2-5)

Classes feature kid-friendly routines based on original Zumba® choreography. We break down the steps to make moving easy and fun. Helps develop a healthy lifestyle and incorporate fitness as a natural part of children's lives by making fitness enjoyable. Classes incorporate key childhood development elements like leadership, respect, team work, confidence, self-esteem, memory, creativity, coordination, cultural awareness.

Kids Fitness Programs

Kids Zumba 212201-KZ

FEE: \$44/Person
MEETS: Thursday, 5:15-6:00 PM
LOCATION: Academy Multipurpose Room #2
DATES: September 24-November 12
INSTRUCTOR: Personal Euphoria Pilates

8. YOUTH PROGRAMS

Youth Jukido

(Age 6 & up by the start of the session)

Discover authentic martial arts based on centuries old Japanese Jujitsu. A fun and safe way to learn to defend yourself. Instill a true feeling of self confidence! Parents who wish to participate with their child may also register.

Jukido-Fall

Jukido 1 6:15 212105-01
Jukido 1 7:15 212105-02

FEE: \$41/child; \$41/parent
MEETS: Mondays 6:15-7:15 or 7:15-8:15 pm
LOCATION: Gideon Welles Auxiliary Gym
DATES: 8 Weeks September 21-November 26
INSTRUCTOR: Rich Webster

Fall Children's Tennis

(Ages 7-17)

Tennis Lessons are broken into lesson groups. This allows instructors to give more emphasis on specific skills within those groups. All lessons are taught at the Glastonbury High School Tennis Courts. All students must provide their own racquet.

Level 1 is for those with little or no tennis experience.

Level 2 is for those who can hold a racquet properly, understand the basics of forehand and backhand groundstrokes and can hit at least 3 times from the center service line. **Level 3** is for those who understand the basics of rallying, can hit forehand and backhand groundstrokes at least 3 times from the baseline with both, can perform the basics of a serve and know how to keep score. **Level 4** is for those who consistently rally forehand and backhand 4-6 times from the baseline, can serve, can hit overhead and approach shots, and understand the rules of the game and proper tennis etiquette. Instructors will place participants in appropriate level.

Fall Child Tennis Lessons

Level	9:00 a.m.	10:00 a.m.
Level 1, 2, 3	223281-AA	
Level 2, 3, 4		223281-BB

Girls in Stride Running - Elementary

(Girls Ages 6-11)

Imagine the thrill your daughter will feel as she crosses the finish line at her first race! This dynamic training program will prepare your daughter for the 3.5 mile race at Santa's Run in Glastonbury on December 6, 2015. Focus will be on using games and drills that make running fun, while also improving athletic performance for those who play other sports. Help your daughter gain confidence, build self-esteem, and lead her to a path of health and fitness. This non-competitive training program is offered for all levels of runners. As part of the program, the girls will be exposed to goal setting and planning, journaling of training, and mental preparation. Registration fee includes a t-shirt, training journal and registration for the Santa's Run. For more information, please visit www.girlsinstride.com

Running Programs

Girls in Stride 203105-GS

FEE: \$89/Person (Includes Registration in the Santa's 3.5 Mile Run - a \$10 Value!)

MEETS: Wednesdays 3:30-4:30 p.m.

LOCATION: Academy Cafeteria/Riverfront Pavilion
In case of inclement weather, the program will be held inside. Otherwise, program meets outside.

DATES: October 7-December 2
No Program 11/25

FEE: \$25/Session

MEETS: Saturday 9:00-9:55 a.m. or
10:00-10:55 a.m.

LOCATION: GHS Tennis Courts

DATES: September 19-October 24
No Class 10/10

9. YOUTH & TEEN PROGRAMS



Youth Open Gym

(Ages 18 and under and in High School)

Activities include basketball. Children under grade 7 must be accompanied by an adult/guardian.

FEE: Free for Kids
MEETS: Wednesday 7:30-9:30 p.m.; Saturday 2:00-6:00 p.m.; Sunday 1:00-5:00 p.m.
LOCATION: Saturday & Sunday @ GHS
Wednesday @ Smith Middle School
DATES: Wednesdays
October 14-June 8
Saturdays & Sundays
November 7-April 24

High School Open Gym

(Grades 9-12)

Activities include pickup basketball. Students must bring their school ID.

FEE: FREE
MEETS: Monday 7:30-9:30 p.m.
LOCATION: Glastonbury/East Hartford Elementary
Magnet School
DATES: October 19-December 28

Glastonbury Basketball Association (GBA)

(Boys & Girls ages 8-18 as of Dec. 31, 2015)

Separate leagues for boys & girls, with special training leagues for 8&9 year olds. No previous experience is necessary. Season runs November- March. Day, time and playing locations vary for each league. Players may opt to play with peers according to age or school grade. Registration will take place online at the GBA website www.gbahoops.org. Check the website or contact GBAHoops@aol.com.

Glastonbury Basketball Association (GBA) Travel Division

(Boys & Girls grades 5-8)

Online registrations for the Travel program are now being accepted at www.gbahoops.org. Players will be notified of the tryout dates to be held in September/October. For information, contact GBATravelHoops@aol.com or visit their website.

Girls in Stride Running-Middle School

(Grades 6-8)

This program is specifically developed for middle-school aged girls. Help your daughter gain confidence, build self-esteem, and lead her to a path of health and fitness. This program is offered for all levels of runners. As part of the program, the girls will be exposed to goal setting and planning, mechanics of running, journaling, nutrition, and mental preparation. The training program will incorporate running drills that will enhance power, stability, agility, and endurance. This complete fitness program will complement and enhance the instruction that she may be receiving in another sport. In addition to the Wednesday sessions, there will be at home running workouts and strength exercises. The program will culminate with Santa's Run (3.5 mile race) on December 6. In case of inclement weather, the program will be held inside at the Academy Building. Registration fee includes a t-shirt, training journal and registration for the Santa's Run. For more information, please visit www.girlsinstride.com.

Running Programs

Girls in Stride MS 203105-MS

FEE: \$89/Person (Includes Registration in the Santa's 3.5 Mile Run - a \$10 Value!)

MEETS: Wednesdays 3:30-4:30 p.m.

LOCATION: Academy Cafeteria/Softball Field
In case of inclement weather, the program will be held inside. Otherwise, program meets outside.

DATES: October 7-December 2
No Program 11/25

10. TEEN PROGRAMS

Field Hockey Clinic

(Girls grades 6-8)

New players will learn the basics of field hockey and begin working on developing dribbling, passing, shooting and game strategy skills. Experienced players will continue to develop their skills with an emphasis on execution and game situations. Each session will consist of 45 minutes of skill development and 45 minutes of small games and scrimmages. Players must provide their own field hockey stick, protective eye wear, shin guards, mouth guard, water, and cleats.

Field Hockey Clinic

Field Hockey 219127-AA

FEE: \$49
MEETS: Wednesdays 6:15-7:30 p.m.
LOCATION: GHS Turf Field
DATES: September 9-October 28

Academy Teen Center

A drop in center featuring pool, table tennis, air hockey, foosball, arts & crafts, homework room with computers with monitored internet access, and special activities. Transportation is provided for after-school hours from Smith and Gideon. At Smith, you must sign up at the main office before 7th period and at Gideon you must bring a note and sign up in the main office. Daily admission fees will be collected at the Teen Center for those who do not have passes. Daily Admission and/or School Year Passes have many benefits including:

- Transportation during after-school hours
- Wii and PS2 Wednesdays (Get active with your favorite games)
- Friday Movies
- Staff Supervision (CPR and First Aid Certified)
- Special Events like Pool Tournaments, Field Trips, and Holiday Celebrations
- Concessions available for a small fee

Teen Center

School Year Pass 6-8 208005-03

FEE: School Year Pass (Grades 6-8): \$59
Daily Admission: \$4/person
LOCATION: Academy Building (2143 Main St.)
GRADES 6-8: Beginning Wednesday, August 26
Wednesday, Thursday, Friday
3:00-6:30 p.m.

Teen Center will be closed September 23; November 11, 25, 26, 27; December 23, 24, 25, 30, 31; January 1.

Teen Center Open House

The Academy Teen Center will be hosting an open house on Thursday, August 26 during Teen Center hours, from 3:00-6:30 p.m. for all interested Teen Center participants in grades 6-8 and their families. Admission to the Teen Center will be FREE on this day! This is a great opportunity to learn more about the Teen Center as well as meet the staff. Join us for a friendly game of pool, or dabble in the arts and crafts area. Refreshments will be served!

Lights on After School

Wednesday, October 21, the Academy Teen Center will be one of many organizations celebrating the 16th annual "Lights on After School", a day to recognize the importance of after-school programming for our youth. In honor of this celebration all teen participants will be given an official Teen Center t-shirt and the opportunity to tie dye it!

Red Ribbon Week

Join the Teen Center as we unite and take a visible stand against drugs. Show your personal commitment to a drug-free lifestyle through the symbol of the Red Ribbon, October 28-30. Special "Red" activities will be planned these days at the Teen Center!

Teen Trip Series

(Youth in grades 6-9)

Enjoy a night out one Friday night per month to hang out with your friends! 6-8 graders can take the bus to the Teen Center and stay until the trip departs. Supervision by Teen Center staff. Academy After Dark is an on-site that includes pizza and a movie. All other trips include 6" subway meal, admissions and transportation.

Teen Activities

Haunted Graveyard 10/9	208004-02
Academy after Dark 11/20	208004-12
Mall & Movie 12/4	208004-04

FEE: Haunted Graveyard: \$35/Person
Academy After Dark: \$10/Person
Mall & Movie: \$25/Person
LOCATION: Depart Academy at 5:00 p.m. Please arrive for dinner/check in at 4:30 p.m.
MEETS: Friday Nights specified above

II. FAMILY PROGRAMS

Pooch Pageant

(All Ages)

Calling all kids and their canines. Can your dog balance a biscuit on his nose? Is she the smallest dog in town? Show off your pooch in a spirited show at the Hubbard Green on Wednesday, September 2nd at 6:00 p.m. (Rain date: Thursday, September 3). Choose two out of the six categories: best behaved, best trick, smallest, largest, best looking, and best costume. Registration required by calling (860)652-7679 by Tuesday, September 1. Free.

The Locker Room Open House

Don't let the added cost of equipment stop you from playing the game! Hartwell Soccer in conjunction with Parks and Recreation and Social Services has put together a sports equipment recycling program. Gently used equipment is being made available FREE OF CHARGE to players who need assistance with getting the right equipment to play sports. Please join us on Tuesday, September 1 and Thursday October 22 from 4:00-6:30 p.m. for an open house event! The Locker Room currently has soccer, baseball and basketball items available as well as some miscellaneous sports equipment. If you cannot make this event or for more information please contact Katryna Albert at the Academy Teen Center at (860)652-7838 or email at teen.center@glastonbury-ct.gov. The Teen Center will be closed on Thursday October 22.

Donations are also currently being accepted for all sports. Equipment can be brought to the Academy Teen Center on Wednesdays, Thursdays or Fridays between 3:00-6:30 p.m. A donation bin is also available for your convenience during off hours.

Decorated Halloween Pumpkin Contest

(Youth ages 4-14)

Design or carve a unique pumpkin at home and bring it to our contest ready for judging. Choose from funniest, scariest, and most original categories. Enjoy Halloween games and snacks!

Special Events

Decorated Pumpkin Contest 210009-01

FEE: No Charge
DATE: Wednesday, October 14 at 6:30 p.m.
PRE-REGISTRATION IS REQUIRED!
LOCATION: Academy Cafeteria

Bike Boulevard Scavenger Hunt



On Sunday, October 18th between 8:00-11:00 a.m., come and explore

some of Glastonbury's bicycle friendly roads and take part in the Bike Boulevard Scavenger Hunt. You'll be on the look-out for "secret" pit-stops throughout the local streets to collect tickets to enter into prize drawings. The more "secret" pit-stops you locate, the greater your chances of winning a prize - including a brand new bike from Bicycles East! There will be additional prize drawings for the younger riders, so make sure to bring the kids too.

Roaming bike mechanics will be out and about to lend a hand, but this is not a group ride. Riders must abide by all traffic rules and will be expected to share the roads. This is a free event and no pre-registration is required. However, prizes will be announced at the Apple Festival, so in order to claim a prize participants will need to purchase a ticket to the festival. Additional details and routes will be available on the Town website, www.glastonbury-ct.gov, beginning in September.



Santa's 3.5 Mile Run

A fun, family oriented race, sponsored by Quality Name Plate, Inc., Nutmeg State Federal Credit Union and the Parks and Recreation Department. Costume division featured. Come dressed in your wildest Christmas costume and enjoy the holiday spirit. Race begins at noon. Disposable chip timing by Bay State Race Services! First 150 to register on-line or by mail will receive a FREE Santa's Run long sleeve shirt. You can not register using this brochure. A portion of race proceeds will be donated to Glastonbury Fuel Bank.

Special Events

Santas Run 210028-AA

FEE: \$10.00 pre-registration; \$15.00 November 4-December 4; \$20.00 on day-of-race
DATE: Sunday, December 6 (Snowdate, December 13)
REGISTRATION: Pre-registration begins Wednesday, October 14th on-line at www.glastonbury-ct.gov and by mail **ONLY**. Walk-in registration will begin on Tuesday, November 3.
LOCATION: Glastonbury High School

12. FAMILY PROGRAMS & TRIPS

Haunted Salem

Join us for a visit to Salem, MA, an amazing town at this time of year. Trip includes admission to the Pirate Museum where you'll relive the adventures of Captains Kidd and Blackbeard, who roamed freely offshore plundering merchant ships. At the Witch Dungeon Museum take part in an award winning reenactment of the trial of beggar-woman Sarah Good. Visit the Witch History Museum to learn all about Salem's greatest 300 year old mysteries! Trip includes all admissions.

Bus Trips

Salem 109004-10

FEE: \$96/Person
DEPARTS: East Hartford/Glastonbury Commuter Parking Lot at TBA
RETURNS: Approximately TBA
DATE: Saturday, October 24

Radio City Christmas Spectacular

This holiday season, make Christmas memories with your family at the Radio City Christmas Spectacular starring the Rockettes at Radio City Music Hall in New York City! Marvel at the Radio City Rockettes and their legendary eye-high kicks. Delight in the dynamic precision of the world-famous "Parade of the Wooden Soldiers." Revel in the magic of the season as Santa takes flight before your eyes, and the Rockettes tour New York City in their life-size double-decker bus. And be inspired by a stirring Living Nativity. This legendary Spectacular has dazzled and inspired over 65 million people for more than 75 years and continues to create memories that will last a lifetime. Both dazzling grand and genuinely moving, the Radio City Christmas Spectacular is the perfect holiday gift for the whole family! We plan to arrive in NYC around 10:00 a.m. and leave at 6:30 p.m. to allow for plenty of time to sight see before and after the 1:00 p.m. show. Tickets are in the 1st balcony.

Bus Trips

Radio City 109004-8A

FEE: \$135/Person
DEPARTS: East Hartford/Glastonbury Commuter Parking Lot at 7:15 a.m.
RETURNS: Approximately 8:30 p.m.
DATE: Friday, December 11

9/11 Museum & Memorial

Spend the day reflecting at the very tastefully done 9/11 museum. The historical exhibition has three parts: the Day of 9/11, Before 9/11 and After 9/11. It tells the story of what happened on 9/11, including the events at the World Trade Center and the Pentagon and the story of Flight 93. The exhibition explores the background leading up to the events and examines their aftermath and continuing implications. The memorial exhibition, which is named In Memoriam, commemorates the lives of those who perished on September 11, 2001 and February 26, 1993 and provides visitors with the opportunity to learn about the men, women and children who died. Trip includes a box lunch, admissions and free time in NYC.

Bus Trips

9/11 Memorial 109004-9M

FEE: \$109/Person
DEPARTS: East Hartford/Glastonbury Commuter Parking Lot at TBA
RETURNS: Approximately TBA
DATE: Saturday, September 19

BUS TRIPS

13. SKATE PARK

Beginner Skate

(Boys and Girls age 5-7 years old)

For new skateboarders and those with limited experience. Skaters are taught the basic skills of skateboarding including balance, position, stopping, turning, falling techniques and safety. Staff will evaluate each skater and work with them on an individual basis as much as possible. Waivers required.

This program is for skateboarders only.

Skate Park

Beginner Skate 513001-BS

FEE: \$49/child
MEETS: Saturdays 9:00-9:45 a.m.
DATES: September 5-October 10
INSTRUCTOR: Hoodlum Skateboard Company

Advanced Beginner Skate

(Boys and Girls age 7 and up)

Skaters will learn the fundamentals and beginner maneuvers of skateboarding. Participants are taught how to properly ride each piece of equipment in the park, falling techniques, balance and safety. As participants improve, airs, grinds, spins and tricks will be taught. Waivers required. **This program is for skateboarders only.**

Skate Park

AdvancedB Skate 513001-AS

FEE: \$69/child
MEETS: Saturdays 9:45-10:45 a.m.
DATES: September 5-October 10
INSTRUCTOR: Hoodlum Skateboard Company

Intermediate Skate

(Boys and Girls age 7 and up)

Skaters learn advanced tricks and maneuvers of skateboarding. Skaters taking this level must have several years of skating experience. Proper technique will be stressed. 360's, 180's, Ollies, 50-50's, Kickflips, Shuvits, Grabbed Ais, Topsides, Negatives, Torques, Technical Grinds and special tricks will be practiced and critiqued. Waivers required. **This program is for skateboarders only.**

Skate Park

Intermediate Skate 513001-IS

FEE: \$69/child
MEETS: Saturdays 10:45-11:45 a.m.
DATES: September 5-October 10
INSTRUCTOR: Hoodlum Skateboard Company

Glastonbury Skate Park

Featuring Woodward skate equipment, the park boasts a 4' half pipe, 2', 3' and 4' quarter pipes, ramps, rails and wedges! Park closes for the season on Sunday, November 1st. All skaters visiting the park for the first time must have completed a waiver form. Only skateboards and in-line skates permitted. Skateboarders must wear helmet. Knee pads, elbow pads, and wrist guards are recommended.

FALL: Wednesday-Friday 3:00 p.m.-7:00 p.m.

CLOSED MONDAYS AND TUESDAYS

Saturdays & Sundays 1:00-6:00 p.m.

FEES: FREE

Skate Park Rentals

A great option for birthday parties, school graduations or unique special celebrations! Must have waivers.

AVAILABILITY: Saturdays and Sundays
Excluding Lesson Dates
TIMES: 10:00 a.m.-12:00 p.m.
MAXIMUM CAPACITY: 30 people
AMENITIES: Staff Supervisor, exclusive use of skate park, softball field, picnic tables, picnic bag including frisbees, bases, kickballs, and a bat and balls
FEES: \$85

14. GYMNASTICS PROGRAMS

bars, balance on beams, and jump on trampolines. A great activity to build coordination and confidence! Parents are allowed to watch first and final class only.

Gymnastics Lessons – Fall

Ages 3&4 - Wed.	3:05-4:05	206108-09
Ages 3&4 - Fri.	3:05-4:05	206108-10
Fantastic 4's - Tues.	3:30-4:30	206108-11
Fantastic 4's - Thurs.	3:30-4:30	206108-12

FEE: \$125/child

DATES: 10 Weeks beginning September 1

Recreation Classes

Children must be 5 years old by the start of the session. Classes follow progression guidelines developed by USA Gymnastics. Emphasis is on skill development in tumbling, floor, balance beam, vault and bars. Classes are divided by ability levels to ensure all gymnasts progress in a safe and appropriate manner. Parents are allowed to watch first and final class only.

Beginner Everyone enters at the beginner level. The basics of gymnastics are taught at this stage.

Gymnasts who are new to program but have gymnastics some experience may call to be tested.

Advanced Beginner (USAG Pre Level 1)

Gymnasts enter Advanced Beginner after they master a forward roll to stand, backward straight arm bridge roll to stand, cartwheel, and $\frac{3}{4}$ handstand.

Intermediate (USAG Level 1)

Gymnasts enter Intermediate after they have mastered a handstand, round-off, backward roll to push-up position, standing backbend, and one pull-up with their chin passing above the bar.

To advance out of Intermediate and be eligible for the Xcel Team, gymnasts must be able to do a backbend kick-over, handstand forward roll, pull-over mount on bars, back hip circle on bars, three pull ups with chin passing above the bar, and one split. Gymnasts must be tested by the Director to move to Xcel Bronze Intermediate Team. Recreation Classes offered as follows:

Gymnastics Lessons – Fall

Beg & Adv – Tues.	3:30-4:30	206108-01
Beg & Adv – Thurs.	3:30-4:30	206108-02
*All Levels – Tues.	4:35-5:35	206108-03
*All Levels – Thurs.	4:35-5:35	206108-04
*All Levels – Wed.	4:10-5:10	206108-05
*All Levels – Wed.	5:15-6:15	206108-06
*All Levels – Fri.	4:10-5:10	206108-07
*All Levels – Fri.	5:15-6:15	206108-08

*Combination class where kids are grouped by level

FEE: \$125/child

DATES: 10 Weeks beginning September 1

Glastonbury Gymnastics Club

Committed to providing a fun and safe learning experience, we offer individual instruction, recreational and competitive programs and structured classes for ages 3 through high school.

About our Staff

Staff consists of caring, dedicated and well trained instructors. Director Kathy Johnson is a USAG Professional Member, with Safety and Meet Director certifications. Team Coaches are USAG members and safety certified. All are First Aid/CPR certified.

About our Facility

Located in the Academy Building, 2143 Main Street, our facility meets all the standards of USA Gymnastics and is outfitted with multiple balance beams, uneven bars, tumble trak trampoline, full spring floor and a large array of creative preschool equipment.

Preschool Classes

Ages 3&4 (Ages 3&4 by Start of Session)

Children learn the basics of how to tumble, balance on a beam and swing on the low bar. Parent participation is not required and you will be allowed to watch class.

Fantastic 4's

(Age 4 by Start of Session)

Drop off class for four year olds gaining independence from their parents. Children travel to a variety of stations to learn the basics of how to tumble, swing on

15. GYMNASTICS PROGRAMS

Athlete Membership to USA Gymnastics (\$54 annual fee) and be members of the Glastonbury Family YMCA. Fees will be collected by the Gymnastics Director.

Gymnastics Team – Fall

Level 3 (Choose any 3 days) 206208-01

Mon. 4:00-6:10

Tues. 5:45-8:30

Thurs. 5:45-8:30

Fri. 6:15-8:30

Level 4 (Choose any 3 nights) 206208-02

Mon. 6:00-8:30

Tues. 5:45-8:30

Wed. 6:15-8:30

Thurs. 5:45-8:30

Level 5-9 206208-03

Mon. 6:00-8:30

Tues. 5:45-8:30

Wed. 6:15-8:30

Thurs. 5:45-8:30

FEES: \$299

DATES: 12 Weeks beginning September 1

Xcel Competitive Team

An opportunity for recreational level athletes to experience the thrill of competition. Bronze Novice is the introductory level of competition open to female gymnasts 6 and older, who are able to do a cartwheel, round-off, handstand, and backward roll. Being a member of our Xcel Team is considered a year-long commitment. Gymnasts must possess an Introductory Athlete Membership to USA Gymnastics (\$20 annual fee) and be members of the Glastonbury Family YMCA. Fees collected by the Gymnastics Director.

Gymnastics Team – Fall

Bronze (Novice)	Tues. 4:15-5:45	206208-04
	Thurs. 4:15-5:45	

Bronze (Intermediate)	Mon. 4:00-6:10	206208-05
	Fri. 6:15-8:30	

Silver	Mon. 4:00-6:10	206208-06
(Choose 3 days)	Tues. 5:45-8:30	
	Thurs. 5:45-8:30	
	Fri. 6:15-8:30	

Gold	Mon. 6:00-8:30	206208-07
(Choose 3 days)	Tues. 5:45-8:30	
	Wed. 6:15-8:30	
	Thurs. 5:45-8:30	
Platinum/Diamond	Mon. 6:00-8:30	206208-08
(Choose 3 days)	Tues. 5:45-8:30	
	Wed. 6:15-8:30	
	Thurs. 5:45-8:30	

FEES: \$279/Bronze (Novice/Intermediate)
\$299/Silver, Gold, Platinum

DATES: 12 Weeks beginning September 1

Tumbling Classes

Great for cheerleaders and those who want to learn the basics up through advanced tumbling skills.

Beginner (ages 10 & up by Start of Session)

Gymnasts must be able to do a vertical handstand, cartwheel, and round-off. Back handsprings will not be taught until a gymnast is able to do a backbend, kick-over and one pull up with chin passing over the bar. For the safety of the gymnasts, no exceptions will be made to these requirements.

Advanced (Ages 10 & up by Start of Session)

Gymnasts in Advanced must be able to do a pull up with chin passing above the bar and a back handspring. For the safety of the gymnasts, no exceptions will be made to these requirements.

Tumbling-Fall

Beginner-Mon.	4:00-5:00	206508-01
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Beginner-Fri.	6:15-7:15	206508-02
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Advanced-Fri.	7:15-8:15	206508-03
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FEE: \$125/child

DATES: 10 Weeks beginning September 4

Junior Olympic Competitive Team

Gymnasts must be tested by the Director in order to be placed on Junior Olympic (J.O.) Competitive Team. J.O. team gymnasts work out between 4.5-7.5 hours/week, allowing them the flexibility to participate in other sports and/or activities. Level 3-9 gymnasts compete at sanctioned USA Gymnastics and YMCA events. All J.O. team gymnasts must possess a current

16. PARKS & FACILITIES

Parks & Recreation Facilities	Address	Acres	Baseball/Softball	Basketball	Community Garden	Cross Country Ski	Fishing	Football	Golf	Hiking/Walking	Ice Skating	Lacrosse	Open Space	Picnic Areas	Picnic Pavilion	Playground	Sand Volleyball	Soccer	Streambelt	Swimming	Tennis
Academy Field	2143 Main St.	4.0	X										X								
Addison Park	415 Addison Rd.	32.9	X	X								X	X		X		X		X	X	X
Arbor Acres Open Space	429 Marlborough Rd.	75.48								X			X						X		
Blackledge Falls	Hebron Ave.	80.0								X			X						X		
Buckingham Park	1285 Manchester Rd.	35.3	X							X			X		X		X				
Butler Field	225 Forest Lane	11.6	X							X			X								
Center Green	2340 Main St.	.9											X	X							
Cider Mill Open Space	1287 Main St.	21.8											X								
Cotton Hollow Preserve	Hopewell Rd.	83.2					X			X									X		
Earl Park	1375 Main St.	39.1								X			X								
Eastbury Pond	39 Fisher Hill Rd.	9.4					X				X									X	
Ferry Landing	Ferry Lane	3.8					X			X			X	X							
Glastonbury High School	330 Hubbard St.	72.7	X	X				X				X						X		X	X
Grange Pool	500 Hopewell Rd.	8.9												X						X	
Grayledge Farm Open Space	175 Marlborough Rd.	96.84								X			X					X			
Great Pond Preserve	Great Pond Rd.	42.9								X			X								
High Street Park	30 High St.	3.4	X													X	X	X			
Hubbard Green	1946 Main St.	5.7											X	X							
Longo Farm Open Space	3006 Hebron Ave.	156.99								X			X								
Matson Hill Open Space	68 Matson Hill Rd.	22.22								X			X						X		
Minnechaug Golf Course	16 Fairway Cr.	58.5							X												
Riverfront Park	200 & 252 Welles St.	44.1	X	X			X			X	X	X	X	X	X	X		X	X		
Ross Field	45 Canione Rd.	5.0	X		X									X		X					
Rotary Field	358 Old Stage Rd.	7.7	X												X	X					
Salmon Brook Park	New London Tpk.	10.9					X			X			X	X					X		
Smith Middle School	216 Addison Rd.	149.7	X				X					X	X					X	X		
Welles Park	185 Griswold St.	11.6	X	X												X		X			
Williams Park	789 Neipsic Rd.	161.9	X			X	X			X	X			X	X	X	X				



Please visit us online at www.glastonbury-ct.gov for additional facility information, directions and photos or scan the image to the left with your smart phone!

17. ADULT PROGRAMS

Family Dog Manners

Does your dog have good manners? This is a beginning level class for dogs 5 months and older for owners who want to teach their dog manners and learn more about canine behavior. This class will provide you the training and management tools to teach your dog their job within your family and enrich your relationship. Paying attention, sit, down, stay, polite greetings, coming when called and loose leash walking, are some of the behaviors taught. A weekly training topic will provide you with information to help you get to know your dog.

Dog Obedience Classes

Dog Manners 410101-DM

FEE: \$100/Session
MEETS: Mondays 6:30-7:30 p.m.
LOCATION: Academy Cafeteria
DATES: September 14-October 19
INSTRUCTOR: Deanna Nickels, ABCDT

Trick Training & Games with your Dog

Have a super-talented pooch that yearns to learn? Is your dog using its brains to get in trouble around the house? Teaching tricks is fun, great mental exercise and a great way to use that extra energy. This class is devoted to learning new tricks and teaching games to your dog to improve their behavior and strengthen your relationship. In this class you use trick training methods and your imagination to teach your dog things you never thought possible. Also included is agility for fun and some great games. For dogs over one year that have basic training skills.

Dog Obedience Classes

Trick Training 410101-TT

FEE: \$100/Session
MEETS: Mondays 7:45-8:45 p.m.
LOCATION: Academy Cafeteria
DATES: September 14-October 19
INSTRUCTOR: Deanna Nickels, ABCDT

Focus on Focus with your Dog

Does your dog get rambunctious, excited and uncontrollable? This class teaches self-control techniques to calm your dog around distractions. Owners will benefit by learning better communication methods and skills to help your dog succeed in everyday life. Learn twenty plus focus exercises and management tools that will help your dog with loose leash walking, settling in different environments, greeting people, excessive barking and fearful behaviors. Teach your dog that the job it gets paid for is to pay attention. For dogs over a year old that have had basic training.

Dog Obedience Classes

Dog Focus 410101-DF

FEE: \$100/Session
MEETS: Wednesdays 10:00 a.m.-11:00 a.m.
LOCATION: Academy Cafeteria
DATES: September 16-October 21
INSTRUCTOR: Deanna Nickels, ABCDT

Out and About with your Dog

For dogs that can do sits, downs, stays and walk politely at home and in the training room, but when you go somewhere new your dog seems to have forgotten everything. Dogs need to repeat the basics in many different situations before they can generalize behaviors they have learned. In this class we will meet in a variety of dog friendly environments around town to teach your dog that they can do their sits, downs and walk politely anywhere.

Dog Obedience Classes

Out and About 410101-OA

FEE: \$100/Session
MEETS: Wednesdays 11:30 a.m.-12:30 p.m.
LOCATION: Academy Cafeteria
DATES: September 16-October 21
INSTRUCTOR: Deanna Nickels, ABCDT

Square Dances

All square dancers welcome! Dance level is MS+. Held October-June one Saturday of each month. For information, call (860)742-2898.

Square Dance Lessons

Sponsored by the Glastonbury Square Dance Club, lessons are held at Buttonball School, Wednesdays, 7:00-9:00 p.m. beginning October 7. For more information, call (860)742-2898.

Glastonbury Chorus

The Glastonbury Chorus is looking for new members in all voice parts-soprano, alto, tenor, and bass. No auditions required, just a love of singing. Our dynamic director is Greg Colossale owner and founder of BackBeat City in Glastonbury. The Chorus performs a wide variety of audience-pleasing music, from pop songs and show tunes to folk songs and spirituals to selections from the classical choral repertoire. Singers 18 years of age and older are welcome. Weekly rehearsals are 7:00-9:00 p.m. on Wednesdays beginning in early September in the Smith Middle School choral room. For more information, call Ross at (860)633-5973 or Sue at (860)633-1506 or visit www.GlastonburyChorus.org.

18. ADULT PROGRAMS

Open Volleyball

Enjoy a friendly pick up volleyball game with men and women of various skills. An adult program for ages 18 and over, must be out of high school. Recreational style play that is enjoyable for everyone.

FEE: \$35/Yearly Pass (Resident)
\$70/Yearly Pass (Non-Resident)
\$3/Daily Admission (Residents)
\$6/Daily Admission (Non-Residents)

MEETS: Monday: 7:30-9:30 p.m.
Tuesday: 7:30-9:30 p.m.

LOCATION: Smith Middle School Auxiliary Gym

DATES: Monday: October 19-June 6
Tuesday: October 13-April 26

Open Gym

Get out of the work week rut with some exercise! Activities include basketball and volleyball. Adult program for ages 18 and over and out of high school.

FEE: \$35/Yearly Pass
\$3/Daily Admission

MEETS: Monday 7:30-9:30 p.m.
Saturday 2:00-6:00 p.m.
Sunday 1:00-5:00 p.m.

LOCATION: Saturday & Sunday @ GHS
Monday @ Smith Middle School

DATES: Monday October 19-June 6
Saturday & Sunday
November 7-April 24

Over 30 Free Play Basketball

Glastonbury residents ages 30 and up. Compete with others in your age group. Passes can be purchased at Parks and Recreation and at Open Gym.

FEE: \$35/Yearly Pass
\$3/Daily Admission

MEETS: Tuesday: 7:30-9:30 p.m.

LOCATION: Smith Middle School Gym

DATES: October 13-April 26

Men's Basketball League

For information on the specific eligibility requirements, contact the Parks and Recreation Department. New teams are taken on a first-come, first-serve basis. Games played at the Glastonbury High School gym Sunday evenings, November-March. If you are interested in putting a team in the league, please e-mail Liz Gambacorta at liz.gambacorta@glastonbury-ct.gov by October 1st. Team registration fees and Non-Resident fees are based on the number of teams in the league.

Fall Adult Tennis

(Ages 17 and Up)

Lessons are broken into four groups allowing instructors to place more emphasis on specific skills within groups. Students must provide their own racquet. Level 1 is for those with little or no tennis experience. Level 2 is for those who can hold a racquet properly, understand the basics of forehand and backhand groundstrokes and can hit at least 3 times from the center service line. Level 3 is for those who understand the basics of rallying, can hit forehand and backhand groundstrokes at least 3 times from the baseline with both, can perform the basics of a serve and know how to keep score. Level 4 is for those who consistently rally forehand and backhand 4-6 times from the baseline, can serve, can hit overhead and approach shots, and understand the rules of the game and proper tennis etiquette.

Fall Adult Tennis Lessons

Level	11:00 a.m.
Levels 1-4	222281-AA
Students will be divided according to skill.	

FEE: \$37/Session

MEETS: Saturday 11:00 a.m.-11:55 a.m.

LOCATION: GHS Tennis Courts

DATES: September 19-October 24
No Class 10/10

19. FITNESS PROGRAMS

Seniors Staying Fit

(Adults 55 and up)

A weight bearing exercise program designed for the active older adult that includes a warm-up, low impact aerobics, muscular conditioning for the upper/lower body, core strengthening for the abdominal muscle and back, and on increasing flexibility, joint mobility, balance and coordination. Bring sneakers and water bottle. Weights, dynabands, 10" balls & mats optional.

October 5-30 classes will be held at the Academy building due to floor replacement at the RCC.

Cardio, Core & More

(Ages 18 and Up)

Burn calories, strengthen and tone your muscles, and challenge your core all this and more when you try this class! This heart pumping full body strength training class will firm your muscles while strengthening your core. Activities include interval training, floor/core exercises, Hi-Lo aerobics, while using hand weights, resistance tubes and bands, and stability balls. Modifications are provided as needed for this energizing work-out! Bring a mat, water, hand weights, and appropriate footwear (stability ball optional).

Morning Yoga/Stretching

(Adults 18 and up)

Regardless of your physical condition, experience your body like never before with this stretching and breathing routine. All levels welcome. Please bring a rug or mat to class.

Hatha Yoga Evening

(Adults 18 and up)

For both the beginner and more advanced students. Regardless of your physical condition, experience your body like never before with an effective yoga routine. Please bring a rug or mat to class.

Zumba

(Adults 18 & up)

A fusion of Latin and International music- dance that creates a dynamic, exciting, effective fitness system! Routines feature aerobic and fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body and maximize caloric output and fat burning. Dance steps are fun and easy to follow.

Class	Location	Meets	Session	Dates	Fee	Activity Code
Senior Fitness (Eliza's Energy Source)	RCC Community Room B October 5-30 @ Academy	Mon, Wed, Fri 8:45-9:45 a.m.	Fall	Sept. 9-Dec. 9 (No Class 10/12, 11/11, 11/25)	\$62	207027-CA
		Mon, Wed, Fri 9:55-10:55 a.m.	Fall			207027-CC
		Mon, Wed, Fri 11:05-12:05 p.m.	Fall			207027-DD
Cardio, Core & More (Eliza's Energy Source)	Eastbury School Gym	Mon, Wed 6:00-7:00 p.m.	Fall-1	Aug. 31-Oct. 14	\$62	207104-F1
			Fall-2	Oct. 26-Dec. 14 (No Class 11/2)		207104-F2
Morning Yoga/ Stretching (Sheila Frankel)	RCC Activity Room	Wednesday 9:30-10:30 a.m.	Fall	Sept. 9-Dec. 9 (No Class 11/11, 11/25)	\$48	207026-AA
	Academy Multi Purpose Room	Thursday 10:45-11:45 a.m.	Fall	Sept. 10-Dec. 3 (No Class 11/26)		207026-BB
Hatha Yoga Evening (Kalpana Patel)	Academy Multi Purpose Room	Mon & Wed 6:00-7:30 p.m.	Fall-1	Aug. 31-Oct. 14	\$66	207001-AA
			Fall-2	Oct. 26-Dec. 9 (No Class 11/25)		207001-AC
	Academy Cafeteria	Tuesday 6:00-7:30 p.m.	Fall-1	Sept. 1-Oct. 6	\$36	207001-AB
			Fall-2	Oct. 27-Dec. 8 (No Class 11/3)		207001-AD
Zumba (Eliza's Energy Source)	RCC Exercise Room	Mon & Wed 5:30-6:30 p.m.	Fall-1	Aug. 31-Oct. 14	\$72	207209-AA
			Fall-2	Oct. 26-Dec. 9		207209-CC

***No Classes 9/7, 10/12, 11/11, 11/26 & 11/27**

20. FITNESS PROGRAMS

Yogalates

(Ages 18 and Up)

Designed to strengthen and lengthen your muscles through a blend of Yoga positions and Pilates exercises. Develop core strength, improve flexibility, and learn to integrate various Yoga breaths. Class ends with a period of relaxation and meditation that leaves your focused and energized for your evening!

Morning Mat Pilates

(Ages 18 and Up)

Pilates is an exercise option for everyone. Designed to develop a strong core while maintaining loose, limber limbs, the exercises provide multiple variations to meet the needs of different body types. It strengthens the body while keeping all the joints mobile and flexible. Bring a mat and water bottle. Mixed-level class.

Barre

(Ages 18 and up)

Barre is a fusion of Pilates, dance and functional training that will lift, tone and sculpt as well as define and strengthen your core muscles. This full body sculpting class uses the ballet Barre (if not available, we'll use chairs) and small, isometric, concentrated movements to create lean muscles. Each class incorporates an upper body workout and combination of high-intensity sequences of thigh, glute, and core exercises. Movement is executed at a vigorous pace with music to get your heart pumping! The Tuesday night class is a more traditional style of barre. Please bring water, a mat, and 1-2 pound hand weights.

New!! Advanced Pilates

(Ages 18 and Up)

Perfect for those who have taken Pilates and know basic exercises. Minimal explanation will be given. Class will move at a faster pace while adding more challenging exercises. Few modifications will be given.

Class	Location	Meets	Session	Dates	Fee	Activity Code
Yogalates (Eliza's Energy Source)	RCC Exercise Room	Tues & Thurs 6:00-7:00 p.m.	Fall-1	Sept. 8-Oct. 15	\$72	207108-AA
			Fall-2	Oct. 27-Dec. 8		207108-AB
Morning Mat Pilates (Personal Euphoria)	Academy Multi Purpose Room 2	Tuesday 9:30-10:30 a.m.	Fall-1	Sept. 8-Oct. 20	\$42	207201-AA
			Fall-2	Oct. 27-Dec. 8		207201-CC
		Tuesday 8:30-9:30 a.m.	Fall-1	Sept. 8-Oct. 20		207201-AB
			Fall-2	Oct. 27-Dec. 8		207201-CD
		Thursday 8:30-9:30 a.m.	Fall-1	Sept. 3-Oct. 15		207201-BC
			Fall-2	Oct. 22-Dec. 10		207201-DE
		Thursday 9:30-10:30 a.m.	Fall-1	Sept. 3-Oct. 15		207201-BB
			Fall-2	Oct. 22-Dec. 10		207201-DD
Total Barre (Personal Euphoria)	Academy Cafe	Wednesday 8:30-9:15 a.m.	Fall-1	Sept. 2-Oct. 14	\$39	207203-F1
			Fall-2	Oct. 21-Dec. 9		207203-F2
		Monday 9:30-10:45 a.m.	Fall-1	Aug. 31-Oct. 26		207203-M1
			Fall-2	Nov. 2-Dec. 14		207203-M2
Total Barre (Personal Euphoria)	Academy Multi Purpose Room 2	Thursday 6:00-6:40 p.m.	Fall-1	Sept. 3-Oct. 15	\$39	207203-T1
			Fall-2	Oct. 22-Dec. 10		207203-T2
Classical Barre (Personal Euphoria)	Academy Multi Purpose Room	Tuesday 6:00-6:40 p.m.	Fall-1	Sept. 8-Oct. 20	\$39	207203-C1
			Fall-2	Oct. 27-Dec. 8		207203-C2
Advanced Pilates (Personal Euphoria)	Academy Multi Purpose Room	Tuesday 10:45-11:30 a.m.	Fall-1	Sept. 8-Oct. 20	\$42	207201-A1
			Fall-2	Oct. 27-Dec. 8		207201-A2

*No classes 9/7, 10/12, 11/11, 11/26 & 11/27

21. FITNESS PROGRAMS

Interval Training

(Ages 18 and Up)

Increase your endurance and aerobic capacity in this high intensity class. We'll focus on endurance and strength training and all-over body toning. Class may include sprinting, jump roping, resistance training, and plyometrics (which involves jumping). While modifications will be given, class may not be suitable for those with certain knee or ankle injuries. Participants may need to bring a mat, towel, and jump rope. Please see receipt for specifics.

Pilates Plus Strength

(Ages 18 and Up)

Work your arms, legs, abs, back, and butt, with props that strengthen, tighten and tone the entire body. Integrates lengthening and stretching principles of traditional Pilates and adds strength training. Though exercises might feel more intense, every exercise can be modified for beginner and intermediate levels. Bring a mat, water, and comfortable clothes.

Strength Training

(Ages 18 and Up)

Total body strength training will give you a complete workout that will help sculpt, strengthen and reshape your body. We won't skip the core--you'll work the core and more. The class will include standing and floor work so you must be able to get up and down off the floor easily. Bring a yoga mat and free weights.

Core Balance

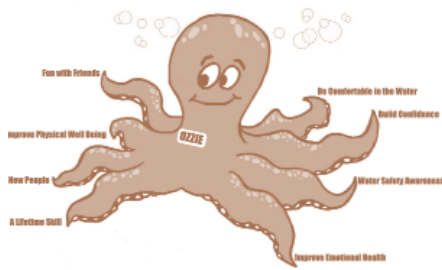
(Ages 18 and Up)

This functionally fun class will promote core awareness by strengthening the core muscles. You will work on balancing while using a flexband and your own body weight. This class will help improve your range of motion, posture and balance, while increasing flexibility. Bring yoga mat and water to class.

Class	Location	Meets	Session	Dates	Fee	Activity Code
Interval Training (Personal Euphoria)	Academy Multi Purpose Room	Monday 9:00-9:45 a.m.	Fall	Aug. 31-Dec. 14 (No Class 9/7,10/12)	\$77	207204-F1
		Wednesday 9:00-9:45 a.m.	Fall	Sept. 2-Dec. 9		207204-F2
Lunchtime Workout Strength Training (Personal Euphoria)	Academy Multi Purpose Room	Wednesday 12:100-12:45 p.m.	Fall-1	Sept. 9-Nov. 18	\$55	207206-WL
Pilates Plus Strength (Personal Euphoria)	Academy Multi Purpose Room 2	Tuesday 6:45-7:30 p.m.	Fall-1	Sept. 8-Oct. 20	\$39	207202-F1
			Fall-2	Oct. 27-Dec. 8		207202-F2
		Thursday 6:45-7:30 p.m.	Fall-1	Sept. 3-Oct. 15	\$39	207202-F3
			Fall-2	Oct. 22-Dec. 10		207202-F4
Strength Training (Personal Euphoria)	Academy Multi Purpose Room	Friday 9:00-9:45 a.m.	Fall-1	Sept. 4-Oct. 16	\$39	207206-F1
			Fall-2	Oct. 23-Dec.11		207206-F2
Core Balance (Personal Euphoria)	Academy Multi Purpose Room	Friday 9:45-10:30 a.m.	Fall-1	Sept. 4-Oct. 16	\$39	207208-F1
			Fall-2	Oct. 23-Dec.11		207208-F2
*No Classes 9/7, 10/12, 11/11, 11/26 & 11/27						

22. SWIM LESSON DESCRIPTIONS

Ozzie Says "Let's Swim by Eight"



Every child in Glastonbury should learn to swim by 8 years old. Kids are surrounded by swimming pools, lakes, rivers and other bodies of water that are used for recreation. Every child needs basic

aquatic safety and swimming skills. Glastonbury Parks and Recreation's newest swim lesson ambassador, Ozzie the Octopus, has eight great reasons to learn to swim!

American Red Cross Learn to Swim

Glastonbury Parks & Recreation follows the American Red Cross Learn-to-Swim program for ages 5 and up which offers 6 comprehensive course levels that will teach your child how to swim skillfully and safely. Additionally, the program includes pre-school age swimming for Infant/Toddler and Tots. Levels include basic water skills and stroke technique as well as introducing a wide range of personal safety skills. The prerequisite for each level is successful demonstration of the skills from the preceding level. Wading pools at both Grange and Addison are closed during lessons.

Infant/Toddler

Age 6 months to 3 year olds. Parent must participate with child.

Tots

Age 3 & 4 year olds. Parent must participate with child.

Level 1-Introduction to Water Skills

This class is appropriate if your child has little or no experience in the water. The purpose of this class is to help students feel comfortable in the water.

Level 2-Fundamentals of Aquatic Skills

This class is appropriate if your child can submerge underwater while blowing bubbles with mouth and nose, float on front and back and swim using arms pulling and legs kicking at the same time.

Level 3-Stroke Development

This class is appropriate if your child can submerge completely underwater, jump from poolside into deep water, glide using front and back floats, tread water, swim combined front and back stroke and swim on side.

Level 4-Stroke Improvement

This class is appropriate if your child can perform front crawlstroke, back crawlstroke, do rotary breathing while horizontal, dive headfirst from kneeling or standing, do butterfly kick with butterfly body motion.

Level 5-Stroke Refinement

This class is appropriate if your child can perform elementary backstroke, breaststroke, butterfly, front and back crawlstrokes, perform both deep and shallow dives, surface dive foot-first, perform scissors kick on the side and open turns on front and back.

Level 6-Swimming Skill Proficiency

This class is appropriate if your child can tread water using different leg kicks, perform front and back crawlstrokes, elementary backstroke, butterfly, breaststroke, sidestroke, perform standing dive, surface dive, and perform open turns and flip turns to change direction at the side of the pool. There are 2 types of Level 6 that are taught; Diving Fundamentals and Fitness Swimmer. This will be mixed up at various locations and sessions throughout the summer.

Pool Rules

- Children under age 8 and/or those less than 45" must be accompanied with someone 16 or older.
- Personal flotation devices must be Coast Guard approved and used with an adult swimmer within arms length of the swimmer.
- Children not yet toilet trained must wear a swim diaper or cover a regular diaper with tight fitted rubber pants.
- All persons shall bathe with warm water and soap before entering the water.
- Non-swimmers are not permitted in the water alone unless they can stand with their head fully above water.
- No running, boisterous, or rough play or profanity.
- Spitting or blowing nose in pool is prohibited.
- No food on the pool deck.
- No balls allowed.
- No diving off deck into shallow areas of the pool.
- Any persons known or suspected of having a communicable or infectious disease shall not use the pool.
- Mask, fins, snorkels used at discretion of the guards.
- No glass containers, food, beverages or gum allowed inside the pool area.
- Swimmers may be asked to perform a swim test prior to entering the deep end.
- Diving Board Use: one person on the board at a time. Be sure area in front of the board is clear.
- No double bouncing, only dive straight off the board.
- No jumping/diving off the deep side of the pool while diving board is in use.

23. SWIM LESSONS

Children's Swim Lesson Program

(Ages 6 months & up)

(Level 1-6 Ages 5 & up)

The Parks and Recreation Department follows the nationally recognized American Red Cross Learn-to-Swim program. The program is designed to introduce young children to the aquatic environment and guide children through a series of 6 levels. The goal of the program is to ultimately develop maximum efficiency in strokes and encourage swimming as a life skill.

Note: Please be sure to include the Activity Type, Activity Description, and Activity Number. Please include a second and third choice on the registration form in case the first choice is full. Otherwise, the first choice will be put on the waiting list.

Classes meet once per week for eight weeks beginning September 21. Each participant can sign up for a Monday, Wednesday, or Saturday class.

Swim Lessons-Fall

FEE: \$32/child

Monday Swim Lessons September 21-November 23 (No Class October 12 & 19)

Level	6:30P	7:00P
Level 1	202129-AA	
Level 2	202129-BA	202129-BB
Level 3	202129-CA	
Level 4		202129-DA
Level 5		202129-EA
Level 6		202129-FA (Fitness)

Wednesday Swim Lessons September 23-November 25 (No Class October 14 & November 11)

Level	6:30P	7:00P
Tots	202229-KA	
Level 1		202229-AA
Level 2	202229-BA	
Level 3	202229-CA	202229-CB
Level 4		202229-DA
Level 4		202229-EA

Saturday Swim Lessons

September 26-November 21 (No Class October 10)

Level	10:30A	11:00A	11:30A	12:15P	12:45P
Infant/Toddler		202128-IA			
Tots	202128-KA		202128-KB		
Level 1				202128-AC	202128-AD
Level 2	202128-BA		202128-BB	202128-BC	202128-BD
Level 3	202128-CA			202128-CB	202128-CC
Level 4		202128-DA			
Level 5		202128-EA	202128-DB		202128-EB
Level 6		202128-FA (Fitness)			

Adult Swim Lessons

(Ages 18 years old and up)

It's never too late to learn to swim or fine tune your strokes. This program is for adults of all abilities.

Swim Lessons-Fall

Adult Swim Lessons 201129-AA

FEE: \$33/person

MEETS: Monday 7:30-8:30 p.m.

LOCATION: GHS Pool

DATES: 8 weeks beginning September 21
No Class October 12 & 19

Private Swim Lessons

(Glastonbury Residents - Ages 5 and up)

Private swim lessons (1:1) and semi-private swim lessons (1:2), catered to meet you or your child's specific instructional needs are now available. The aquatics leadership staff will work with you to customize a personal swim lesson schedule, with an experienced instructor. Lessons will be available on evenings and weekends at the Glastonbury High School Pool, offered as 4 thirty minute sessions at mutually agreed upon times. Lessons will not be available during the peak times of the day when the pools are most crowded. Semi-private lesson participants must be within a skill level apart.

To register for the program, complete the "Private Swim Lesson Registration Form" available at the Parks and Recreation Department, at www.glastonbury-ct.gov (click "Parks and Recreation"; "Forms") or at the pool. Please list the dates and times available, and the Town will match an instructor once the form is received.

FEE:

4 x 30 Minute Private (1:1) Lessons: \$100/Person

4 x 30 Minute Semi-Private (1:2) Lessons: \$160/2 People

24. SWIM CLINICS & TEAM

Fall Competitive Stroke Clinics

(Age 8-18. Must be 8 by 12/31/15)

Clinics will focus on stroke technique and some endurance training. Clinics will begin Thursday, September 10 and end on Saturday, September 26. Practices held at the GHS Pool.

FEE: \$53/child

Developmental Clinic

Swimmers ages 7 to 9 year olds. Group meets Monday, Wednesday, Friday 5:30-6:15 p.m.

Swim Team

Swim Clinic Developmental 224030-HH

Intermediate One

Returning 7 to 9 year olds and new 10 to 12 year olds. Group meets Tuesday and Thursday 5:30-6:30 p.m. and Saturday 4:00-5:00 p.m.

Swim Team

Swim Clinic Intermediate 1 224030-II

Intermediate Two

Returning 10 to 12 year olds and new 13 to 15 year olds. Group meets Tuesday and Thursday 6:30-7:30 p.m. and Saturday 5:00-6:00 p.m.

Swim Team

Swim Clinic Intermediate 2 224030-JJ

Advanced Clinic

Returning 13 to 15 year olds and High School swimmers. Group meets Monday, Wednesday, Friday 6:00-7:30 p.m. and Saturday 6:00-7:30 p.m.

Swim Team

Swim Clinic Advanced 224030-KK

Recreation Swim Team

For those interested in a comprehensive competitive swimming program. Practices held evenings/weekends at the GHS pool and Trinity College Monday-Thursday. Runs Monday, September 28 through mid February. The coaching staff is excited for the swimming season. Visit us online at www.glastonburyswimteam.org

Pre-Season Screening

The coaches will hold skills screening on September 8 & 9 from 5:30-7:30 p.m. (all swimmers should arrive by 5:30 p.m.) at the high school pool. The screening does not ensure placement on the team or enrollment. It is a pre-enrollment screening process only. Swimmers need to attend 1 day only. The following persons will be required to attend:

- New Swimmers (swimmers who haven't participated on the Town's Fall/Winter recreation team)
- 7-9 year olds interested in the pre-team
- 8-12 year olds interested in Recreation Swim Team - See Below!
- NOTE: Swimmers 8-12 who have been on the team can check www.glastonburyswimteam.org after August 31 to see the coach's recommended practice group. If a group is not recommended, you must attend the screening.

Once assigned, coaches reserve the right to move swimmers to different practice groups at their discretion. If a child is moved up to a different practice group before 11/15, you will be required to pay the difference or a partial refund will be issued.

Registration

Registration for the Recreation Swim Team & USA Short Course program will begin online and by mail on **Wednesday, September 16 at 8:00 a.m.** No registration will be accepted prior to September 16. Walk-in registration for the swim team will begin Friday, September 18. Early registration is advised as space is limited by pool capacity. No practice October 14 & 19 at GHS due to school events. Must be age 8 by 12/31/15. Swimmers are required to compete in meets. A minimum of 3 meets are required to attend championships.

GSPO (Glastonbury Swim Parents Organization)

Each family will be required to pay a separate fee of \$40 to the GSPO, a parent's organization which supports the swim team programs. Parents will be required to work at swim meets and other functions. Uniforms are coordinated by GSPO.

Practice Groups

Finalized practice & meet schedules will be e-mailed at a later date. Please note that the anticipated practice dates may change.

25. SWIM TEAM

Pre-Team

(Ages 7-9. Must be 7 by 12/31/15)

Swimmers must be able to proficiently swim 1 length of the pool freestyle (correct breathing, face in the water, no stopping) and 1 length of the pool back-stroke. Practice is 1x/week. There are no meets. Group will have the OPTION of competing in a JV swim meet after the beginning of January. Participants are not part of the Recreation Swim Team, but rather in a preparatory program. If space is available and skills are warranted, coach may recommend the Recreation Swim Team. Anticipated practice day is Sunday at GHS from 3:00-4:00 p.m. Fee is \$89/person. GSPO fees not required.

Swim Team

Pre-Team 224030-A1

Developmental

(Ages 8-10: Must be age 8 by 12/31/2015)

Swimmers must be able to proficiently swim 2 lengths of the pool freestyle (correct breathing, face in the water, no stopping) and 1 length of the pool back stroke, plus demonstrate fundamental breaststroke or butterfly for 1 length of the pool. Recommended practice 2-3x/week. Anticipated practice days are Monday, Wednesday, and Saturday at GHS. Coaches will determine appropriate frequency of practices for swimmers. Fee is \$219/person.

Swim Team

Developmental 224030-AA

Junior 1

(Ages 9-12)

Swimmers must be able to perform all 4 strokes, swim continuously for 300 yards (12 lengths) and practice at a high level for 1.75 hrs. Recommended practice 3-4x/week. Anticipated practice days are Wednesday, Saturday, Sunday at GHS and Tuesday, Thursday at Trinity. Coaches will determine appropriate frequency of practices for swimmers. Fee is \$279/person.

Swim Team

Junior 1 224030-BB

Junior 2

(Ages 9-12)

Swimmers must be able to perform all 4 strokes for at least 2 lengths (50 yds) and swim continuously for 300 yards (12 lengths) and practice at a high level for 1.75 hrs. Recommended practice 3-4x/week. Anticipated practice days are Wednesday, Saturday, Sunday at GHS and Tuesday, Thursday at Trinity. Coaches will determine appropriate frequency of practices for swimmers. Fee is \$279/person.

Swim Team

Junior 2 224030-BC

Seniors

(Ages 13 and up)

Swimmers must be able to perform all 4 strokes for at least 4 lengths (100 yds), swim continuously for 600 yds (24 lengths) and practice at a high level for 2 hrs. Recommended practice 4-6x/week. Anticipated practice days are Sunday, Tuesday, Thursday, and Friday at GHS and Monday, Wednesday at Trinity. Coaches will determine appropriate frequency of practices for swimmers. Fee is \$324/person.

Swim Team

Senior 1 224030-CC

High School Girls

Girls who are competing on their fall high school team and will compete on the recreation team at the completion of their season. Will swim in Senior practice group. Fee is \$249 per person.

Swim Team

H.S. Girls 224030-EE

High School Boys 1

Boys competing on winter high school team and who will compete on the recreation team until the start of the season or who wish to compete and practice with senior practice group. Fee is \$189/person.

Swim Team

H.S. Boys 1 224030-FF

High School Boys 3

Boys who are competing on their winter high school team and will compete on the recreation and USA short course teams until the start of their season. Additional USA meets (after the high school season starts) will depend on the high school schedule and high school restrictions. Fee is \$378 per person. (includes Pro-Rated Recreation and USA swim team).

Swim Team

H.S. Boys 3 224030-FH

USA Swimming Program (Short Course)

An opportunity to compete in more meets. All swimmers, regardless of age, are eligible and must also enroll on the Recreation Swim Team (in the appropriate Junior or Senior Practice group). Fee covers the cost for coaches to attend meets. Additional fees (USA membership fee and meet fees approximately \$300 and are subject to change) will be assessed to each participant by the GSPO. Season runs through mid-March. Fee is \$339/person.

Swim Team

USA Swimming Program 224030-GG
(Short Course)

26. BOAT LAUNCH & POOL SCHEDULE

Boat Launch

Get your boats ready! Boat launch permits are available at the Parks and Recreation office located on 2143 Main Street. Boaters must bring proof of residency and a valid boat registration. Office hours are Monday-Friday 8:00 a.m.-4:30 p.m.

The single boat launch will be open until November. The launch is located at Riverfront Park, 252 Welles Street, a short walk from Glastonbury center. The park offers 24 boat trailer parking spaces. A covered picnic pavilion, children's playground and walking trails are also available at the park. An attendant will be on duty during the boating season. Restrooms available on site.

SEASONAL PERMITS: Residents: \$60/year
Non-Residents: \$120/year
DAILY LAUNCH: Residents: \$20/day
Non-Residents: \$40/day

CANOE & KAYAK LAUNCH

High School Pool Indoor Season (For Residents Only) Beginning August 26

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Swim 6:00-7:10A	Adult Swim 6:00-7:10A	Adult Swim 6:00-7:10A	Adult Swim 6:00-7:10A	Adult Swim 6:00-7:10A	Lessons 10:30A-1:15P	
Swim Team 5:30-6:30P	Swim Team 5:30-7:30P	Swim Team 5:30-6:30P	Swim Team 5:30-7:30P	Swim Team 5:30-7:30P	Rec. Swim 1:30-3:00P	Adult Swim 12:00-1:30P
Lessons 6:30-7:30P		Lessons 6:30-7:30P			Adult Swim 3:00-4:00P	Rec. Swim 1:30-3:00P
Adult Lessons 7:30-8:30P	Rec. Swim 7:30-8:30P	Swim Team 7:30-8:30P	Rec. Swim 7:30-8:30P	Rec. Swim 7:30-8:30P	Swim Team 4:00-8:00P	Swim Team 3:00-8:00P
Adult Swim 8:30-9:30P	Adult Swim 8:30-9:30P	Adult Swim 8:30-9:30P	Adult Swim 8:30-9:30P	Adult Swim 8:30-9:30P		

Household Poolpass Indoor

HOUSEHOLD POOL PASS FEE: \$79/Family
DAILY ADMISSION FEE: Child \$3; Adult \$5
LOST PASS REPLACEMENT FEE: \$25/Household

Individual Poolpass Indoor

INDIVIDUAL PASS FEE: \$65/Person
LOST PASS REPLACEMENT FEE: \$25/Individual
SENIOR PASS (60 and Older): FREE*
* Must be purchased at Parks & Recreation Office

Note: The GHS Pool will Re-Open August 26

September is National Senior Center Month

GLASTONBURY SENIOR CENTER

This year's theme is "Celebrate LIFE at YOUR Senior Center"!

Please join us for one or all of the wonderful celebrations of life at the Glastonbury Senior Center, in September and year round. We welcome you,
Patti White, Supervisor of Senior Programs



How to Reach us:

General Program Information:	(860) 652-7638
	(860) 652-7642
Administrative Fax:	(860) 652-7649
Dial-a-Ride Transportation:	(860) 652-7643
RCC Event Rentals:	(860) 652-7641

Where to Find us:

Riverfront Community Center (RCC)
300 Welles Street
Glastonbury, CT 06033

Program Information:

To inquire about any of the programs listed on the next few pages, please call (860) 652-7638 or visit the town website for a copy of our monthly newsletter, the Sharing Tree @ www.glastonbury-ct.gov for a complete catalog of courses, events and trips, as well as information on costs and how to register. Registrations may be made in person at the RCC during the first week of the month prior to the month that a trip is offered, or an activity or series of classes are held.

27. UPCOMING TRIPS & SPECIAL EVENTS

Van Gogh and Nature Exhibition at the Clark Art Institute - Williamstown, MA

Tuesday, September 8

Cost: \$75.00

8:30 am Leave RCC; 10:00 am Guided Tour of Museum's Permanent Collection; Lunch on own; Approximate Return to RCC: 5:00 pm
The Clark welcomes Van Gogh and Nature, featuring nearly fifty paintings and drawings from thirty museums and private collections around the world. For Vincent van Gogh, nature was the defining subject of his art. Over the course of his short but intense working life, Van Gogh studied and depicted nature in all its forms - from the minutiae of insects and birds' nests to the most sweeping of panoramic landscapes - creating a body of work that revolutionized the representation of the natural world at the end of the nineteenth century. The Sterling & Francine Clark Art Institute, usually referred to simply as "The Clark", is an art museum with a large and varied collection located in Williamstown, Massachusetts. We will have lunch at the renowned Cafe Seven located on site, featuring homemade soups, delicious sandwiches, and fresh salads made with locally sourced ingredients from nearby farms.

Wine Trails of Connecticut

Enjoy the splendor of a crisp fall day as we picnic at two of Connecticut's award winning wineries.

Gouveia Vineyards, Wallingford, CT

Wednesday September 23

Cost: \$15.00 (Includes picnic boxed lunch and transportation - Wine tasting on own)

Gouveia Vineyards is the joyful realization of a dream long cherished by the proprietor ~ to bring in some measure of remembrances of his village in Portugal and his grandfather's beautiful vineyards here to America. Located high on 140 sun kissed acres, this jewel of a winery, built of stone and old timbers, commands a spectacular 360 degree view of lush woodlands, open fields, pristine hundred year old farms and, of course, the vineyard itself.

Saltwater Winery, Stonington, CT

Wednesday October 14

Cost: \$15.00 (Includes picnic boxed lunch and transportation - Wine tasting on own)

With a preservationist's bent and keen appreciation of their vineyard's past, the goal of the Saltwater Winery has been to sustain, in contemporary function and fashion, the two foundations of the property's place in Stonington's history: coastal Connecticut farmland and a WWII-era private airport. Voted one of the top 50 most romantic wedding venues in the United States, the Saltwater Winery will take your breath away.

Live Theatre at the Riverfront Community Center "A Time to Dance"

Saturday October 3, 1:00 pm

Cost \$7.00 advance purchase; \$10.00 at the door
Back by popular demand, actress Libby Skala has returned to the Riverfront Community Center for another compelling performance. In her one-woman show, "A Time to Dance," Libby Skala interweaves storytelling and creative dance to portray the dazzling 100 year life of her great aunt, Elizabeth "Lisl" Polk, who transcends poverty, artistic repression and the rise of Hitler through the power of dance to become a renowned dance pioneer. The NY Times said: "Funny... captivating... charming... Ms. Skala's convincing portrayal is the reason Polk is brought to life with such vibrancy." Winner "best solo performer" at the London Fringe Festival. Sponsored by Glastonbury Senior Services and Rockhaven Inc. Tickets may be purchased at the Riverfront Community Center located at 300 Welles Street. For more information call (860)652-7638.

Friesians of Majesty Horse Farm - Vermont

Thursday, October 22, 2015

Cost: \$90.00/pp all inclusive

8:00 am Leave RCC; Approximate Return to RCC: 6:30 pm

Please note: Walking on uneven surfaces at times. You won't want to miss this amazing fall foliage trip! Stops along the way will include: the Kringle Candle Company, the Country Barn with its three levels of specialty gifts, and the Chocolate Cottage in Bernardston, MA. After our shopping excursion, we will head to Brattleboro, VT for lunch at the New England House where internationally acclaimed owner and chef, Kurt Johnson will work his magic. After lunch we'll visit the FRIESIANS OF MAJESTY HORSE FARM, nestled in the rolling hills of Vermont. Here some of the most beautiful horses in the world are bred and trained. You'll meet these gentle giants up close and enjoy a guided tour of the beautiful European-style stables as well as a captivating show set to inspiring music! Contact the Senior Center office for more information call (860)652-7638.

Senior Fall Golf League at Minnechaug Golf Course

Enjoy the splendor of late summer and early fall on the golf course with your friends! This league will run for 8 weeks (September 1 – October 20) on Tuesday mornings. Start times: 9:00 am in September and 10 am in October. Cost: \$ 70.00 for walkers and \$100.00 with cart. Register at the Riverfront Community Center. For more info call: 860-652-7638

28. ENRICHMENT & SUPPORT GROUPS

"Eye Openers" Low Vision Discussion Group (No Fee)

The Low Vision Support Group meets monthly during the day. The meeting is open to anyone who is experiencing low or declining vision and new members are always welcome! (You do not have to be "legally blind.") Refreshments are served, and the discussions are full of helpful information! If you have any questions or would like to be on the mailing list for meeting notices, please call (860)652-7644.

Caregiver Support Meeting (No Fee)

Come and join other caregivers to discuss the various challenges and rewards of caregiving. You all make a positive difference in a person's life and can assist other caregivers by sharing your experiences. For more information, please call (860)652-7652.

Bereavement Support Group (No Fee)

Have you had a family member or friend die recently? Are you experiencing the "symptoms" of grief such as the inability to eat or overeating; loss of sleep or need for too much sleep; lack of concentration and feelings of hopelessness? Joining this group will provide you with support and strategies to cope. This group is co-sponsored by Glastonbury Visiting Nurse and Glastonbury Senior Center. Call Ki Miller, VNA Bereavement Support Counselor at (860)493-7328 for dates and times and additional information.

Friendship Circle Memory Program

Do you have a loved one facing memory loss challenges? The Friendship Circle is a social engagement program designed for Glastonbury Seniors with early stage dementia. The program provides the opportunity to gain the many benefits derived by being active and socially engaged.

Activities are coordinated by a trained Program Coordinator and volunteers. The program offers a variety of engaging mental and physical activities including music, arts and crafts, exercise, puzzles, and plenty of opportunities to enjoy the company of others. Friendship Circle meets 3 days a week- Tuesday, Wednesday, and Thursday usually from 9:45 to 12:45 pm. A monthly fee of \$100.00 is charged. Lunch and transportation are included. For more information call (860)652-7650.

Italian Classes (No Fee)

Level 1 Thursdays 9:00 am
Level 2 Thursdays 10:00 am

Book & Author Discussion (No Fee)

Third Thursday of month 10:30 am

Current Events (No Fee)

First and Third Friday of month 10:00 am

Men's Discussion Group (No Fee)

Third Tuesday of month 10:00 am- 12:00 am

Walking Group (No Fee)

Thursday mornings 8:30 am

IPad Workshops (No Fee)

Second and fourth Monday of month

Computer/Kindle (No Fee)

Tuesdays 9:00 am-12:00 pm – by appointment
(beginning in February)

TRIP TO UCONN

GLASTONBURY SENIOR SERVICES (860)652-7638

29. VOLUNTEER & RENTALS

Volunteers Needed

Do you consider yourself good at Math and have computer skills? Have you ever prepared your own taxes or those of a friend or relative? Are you looking to do something meaningful for your community?

The Glastonbury AARP program is looking for volunteers to help with their annual tax assistance program which provides invaluable tax preparation aide to individuals that need help with their tax return. Most individuals who are served by the program are seniors.

The Tax Aide program is provided at the Glastonbury Senior Center located at the Riverfront Community Center on Mondays, Wednesdays & Thursdays beginning in early February until April 15th. Training and ongoing mentoring are provided.

To volunteer or learn more about this important program call (860)652-7638 or sign up on the website: www.aarp.org/tavolunteer.



The Riverfront Community Center is your Affordable Solution to Elegant Affairs

Are you planning a party for 25 or 250? Having a Corporate Harvest Party, Fall Festival Fundraiser, Trunk Show, High School Reunion, Sweet 16, 50th Birthday or Fall Shower or Wedding? The Town of Glastonbury's Riverfront Community Center is the perfect spot to accommodate your upcoming event.

The RCC grounds are gorgeous and boast views of the Riverfront Park and the tree lined Connecticut River. Our rooms are spacious, clean and offer neutral decor with abundant natural light. Our location is centrally located, close to wonderful restaurants, activities and hotels.



Call today for more information at (860)652-7641 or visit www.glastonbury-ct.gov. We look forward to working with you to ensure that your next fall corporate or social event is exceptional!

Glastonbury Parks and Recreation
PO Box 6523
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Glastonbury, CT 06033

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